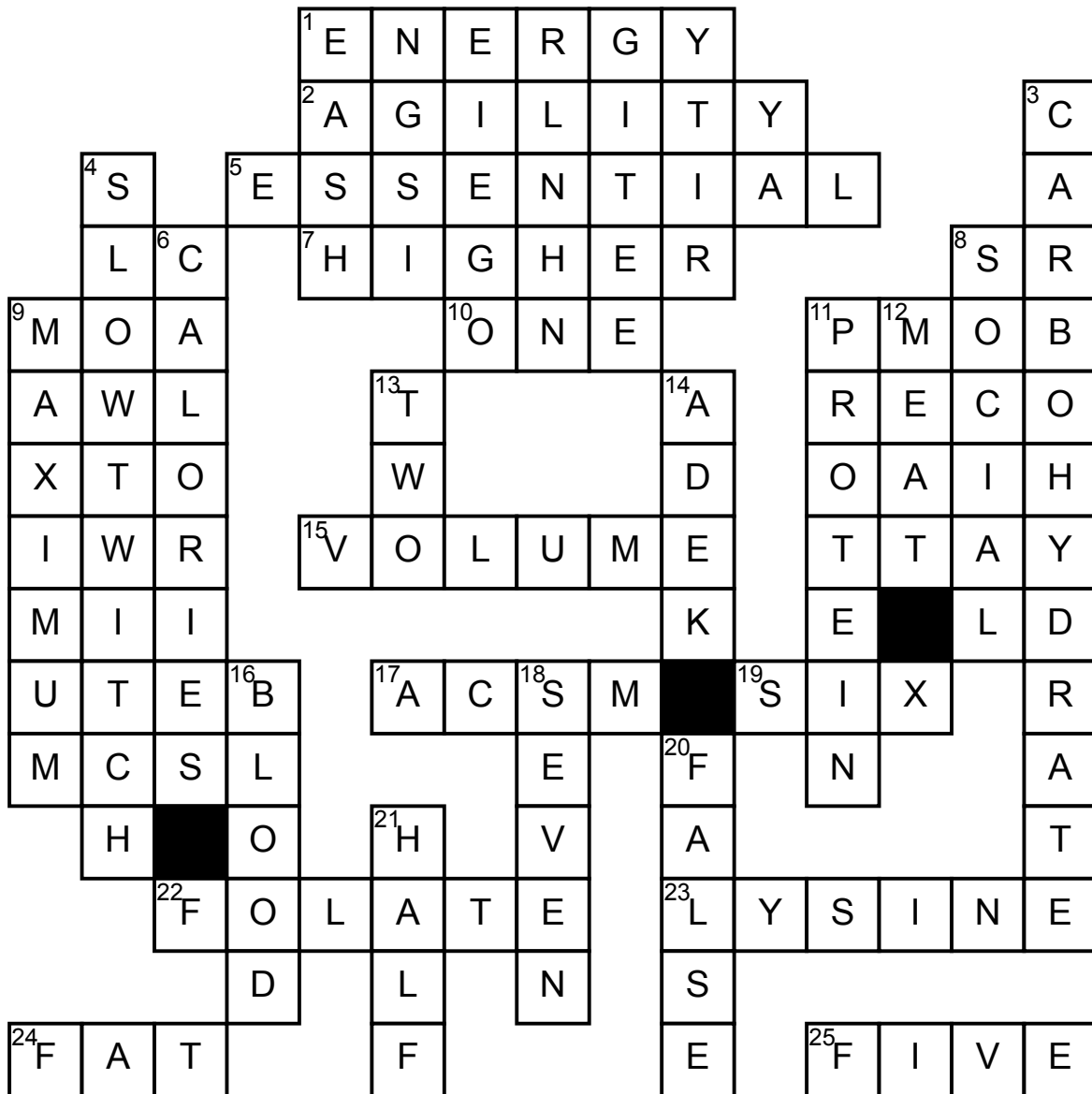


# Health Crossword (Review for Test#1 and Test#2)



## Across

1. Carbohydrates are the recommended \_\_\_\_\_ source for the body in the highest percentage of calories.

2. Skill-related component of fitness used in field and court sports.

5. Type of nutrient needed from outside sources because the body cannot make enough.

7. Fat intake recommendations are \_\_\_\_\_ (lower/higher) \_\_\_\_\_ than recommended protein intake.

10. According to choosemyplate, one cup of cooked vegetables equals how many servings?

15. VO2 max means \_\_\_\_\_ of oxygen capacity maximum.

17. The organization which recommends 5 to 7 days of stretching ideally.

19. Omega \_\_\_\_\_ fatty acids are found in soy and corn.

22. The "B vitamin" which helps prevent anemia.

23. One of the essential amino acids.

24. The macronutrient with 9 calories per gram.

25. Blood cholesterol screenings are generally recommended every \_\_\_\_\_ years.

## Down

3. Protein and \_\_\_\_\_ both have 4 calories per gram.

4. Type of muscle fibers used for walking. (two words)

6. One pound of body fat equals 3500 \_\_\_\_\_.

8. The interpersonal dimension of health also is the \_\_\_\_\_ dimension.

9. Do not exceed 90% of your \_\_\_\_\_ heart rate when exercising.

11. The formula for recommended grams of \_\_\_\_\_ daily is .4 grams X pounds body weight.

12. A serving of \_\_\_\_\_ equals only 3 ounces.

13. Number of pounds of maximum weight loss per week.

14. The letters representing the fat soluble vitamins.

16. An example of a high \_\_\_\_\_ pressure reading is 140/90.

18. Alcohol has how many calories per gram?

20. A milk serving and a juice serving are equal.

21. Drink at least \_\_\_\_\_ cup of water for every 20-30 minutes of activity.